

Are You Being Abused?

- ☐ Are you frightened by your partner's temper?
- ☐ Are you afraid to disagree with your partner?
- ☐ Are you constantly apologizing for your partner's behavior, especially when he or she has treated you badly?
- ☐ Do you have to justify every place you go, everything you do, or every person you see just to avoid your partner's anger?
- ☐ Does your partner constantly put you down and then tell you that he or she loves you?
- ☐ Have you ever been hit, kicked, shoved or had things thrown at you?
- ☐ Do you not see family or friends or do things just because of your partner's jealousy?
- ☐ Have you been forced into having sex when you didn't want to?
- ☐ Are you afraid to break up because your partner has threatened to hurt you or himself/herself?



If you checked one or more of the above questions, you are in an abusive relationship.

You can:

- ◆ End the relationship and choose not to see your partner
- ◆ Get help from someone you trust, preferably an adult
- ◆ Go to your counseling center at school
- ◆ Call 1-800-572-SAFE (7233) for referral to a local support program in your area

**Statewide Domestic Violence Hotline:
1-800-572-SAFE (7233)**

This information was adapted from the video *Dating Violence: The Hidden Secret* (c) Taylor/Zitner + Intermedia by:

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For further information on the video and its accompanying study guide, contact Intermedia, Inc., 1165 East Lake Avenue, Suite 400, Seattle, Washington 98109 1-800-553-8336.

NEW JERSEY DEPARTMENT OF
COMMUNITY AFFAIRS



Preventing Dating Violence

**Information for teens and young adults
about controlling or violent relationships**



James E. McGreevey
Governor



Susan Bass Levin
Commissioner


Greeting from Governor McGreevey and Commissioner Levin


Being in a dating relationship doesn't mean you have to deal with physical, emotional, verbal or sexual abuse. Although you may want to be committed and supportive of your partner, there is no excuse for this kind of behavior.

This brochure is designed to help you recognize if you are being abused or if you are abusive in your relationship. It's important to identify problems if they exist and do what is necessary to make sure the abuse stops.

We encourage you to read through these checklists and take some of the suggestions outlined here. If you think you are in an abusive relationship, you should end the relationship, get help from an adult that you trust or go to your counseling center at school. There is help if you are in an abusive relationship, and it is only a phone call away.

With all good wishes,


James E. McGreevey
Governor


Susan Bass Levin
Commissioner

Myths About Dating Relationships

"A guy needs to be in control of the relationship."

"A girl is to blame when the guy hits her."

"It's understandable to hit her - maybe next time she'll learn not to make me angry."

"I love him. I'm the only one who can help him."

"Some girls ask for it - that's why they stay."

"I shouldn't have nagged him. It was my fault he got angry."

"When a guy gets angry, he can't help it. He's uncontrollable."

"I was drunk. I didn't know what I was doing."

"She hit me first and I hit her back. Everybody does it sometimes."

"If she really loved him, she could make him change."

"If I could figure out what sets him off and not do it, maybe he could stop."

All of these statements are excuses - there is no excuse for any kind of violence in a dating relationship.

Your Rights in a Dating Relationship

In your relationship, you have the right to:

- ◆ Express your opinions and have them be respected
- ◆ Have your needs be as important as your partner's needs
- ◆ Grow as an individual in your own way
- ◆ Change your mind
- ◆ Fall out of love and break up with someone and not be threatened
- ◆ Have a relationship free from physical, sexual, or emotional abuse
- ◆ Not take responsibility for your partner's behavior

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Are You Abusive?

- ☐ Do you constantly check up on your partner and accuse her or him of being with other people?
- ☐ Are you extremely jealous or possessive?
- ☐ Have you hit, kicked, shoved, or thrown things at your partner?
- ☐ Do you constantly insult or criticize your partner?
- ☐ Do you become violent when you drink or use drugs?
- ☐ Have you threatened your partner or broken things in your partner's presence?
- ☐ Have you forced your partner to have sex with you or intimidated your partner so that he or she is afraid to say no?
- ☐ Have you threatened to hurt your partner?
- ☐ Have you threatened to hurt yourself if your partner breaks up with you?

If you checked one or more of these boxes, realize that you are inflicting physical, emotional, verbal or sexual abuse on your partner.

If you do any of these things you:

- ◆ Must take responsibility for your actions
- ◆ Can't blame your behavior on your partner or drugs or alcohol
- ◆ Can change the way you act if you get supportive counseling
- ◆ Can call a crisis hotline for the number of a batterer's program or go to the counseling center at your school
- ◆ Must do something about it or it's going to get worse, and your violence will increase
- ◆ Might be breaking the law with your abusive behavior